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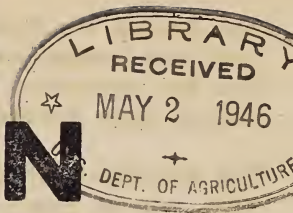


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# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

Midwest Region, 5 South Wabash Avenue, Chicago 3, Ill.

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## FROZEN FISH FILLETS

Now that the offensives in the Pacific area and Europe are stepped up, we on the home front have an added incentive to increase our efforts to help win the war. One way we can do this is to make full use of the nutritious foods not needed by the military, thereby aiding our country to meet the changing conditions of food supplies on the home front.

Very small quantities of frozen fish are used by our fighting forces overseas, because of refrigeration problems at the front. Today the supply of frozen fish is so large that much must be removed before the new catch can be stored. We on the home front could solve this problem quickly and simply if we were to serve fish an additional time each week until the supplies are normal again.

Freezing is a method perfected to keep foods fresh. Frozen fish tastes like fresh fish and has equal food value. Fish is not rationed and is a good alternate for the rationed meats.

### Supply on Hand:

Not all fish are plentiful. Among the varieties of frozen fish available in supplies greatly above normal, are frozen cod fillets, mackerel, pike and lake herring. The bulk of the supply is in fillets, which eliminate waste.

Most varieties of canned fish are scarce. Canned fish is used in large quantities by our military forces. About 70 percent of this year's pack of salmon is required for our military forces, for lend-lease, and for other Government purposes. More than half of the packs of sardines and mackerel also are being taken for Government use. Canned tuna fish is now back to normal supply levels, but the military demand for this product is considerable.

### Fish Food Facts:

Those who have the "know how" in cooking and serving fish can make it look and taste so good that everyone likes it. When properly cooked, fish is moist and delicious,

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not greasy or dry. Not all varieties of fish should be fried, although that is now the most common method of cooking fish. Mackerel, which is in surplus, is one of the fat varieties and is much better when baked or broiled. Cod, a lean fish, is better when boiled slowly, baked in milk or fried, rather than broiled.

The selection of colorful, nutritious vegetables and the use of color in serving fish, as in tomato sauce, or garnishes such as lemon slices and parsley, makes a fish meal appealing at home or in the cafeteria. Colorful vegetables for fish and potatoes are canned green snap beans, now plentiful, spinach, stewed tomatoes, beets, green salads or cole slaw, mixed with chopped green peppers and grated raw carrots or tomatoes.

#### Food Value:

Fish makes an important contribution to the diet. It is an excellent source of high-quality protein; that is, all the amino acids required for growth and maintenance of weight are included. It is also an excellent source of niacin, which is one of the B complex vitamins.

#### Methods of Cooking Fish:

Baking: Cut into individual servings. Place in well-greased pan. Sprinkle with salt and brush with melted fat. Cook in hot oven (500° F.) until brown and thoroughly done, but not overdone. Lean fish may require added fat during cooking.

Boiling: Place one layer of fish cut to serving portions in an oiled wire basket or perforated pan, or wrap in cheese cloth to prevent breaking up. Place basket in 2 quarts of boiling water to which has been added 2 tablespoons salt, a tablespoon of vinegar or lemon juice, an onion and a clove. Simmer until tender (10 to 15 minutes). Serve on hot platter.

Broiling: Cut into individual serving portions. Oil heated broiler pan. Brush fish with melted fat. Place fish on broiler pan about 2 inches below heat, skin side up. Avoid too high temperature. Cook for approximately 5 minutes on one side, turn and broil about 4 minutes longer. Baste several times with a mixture of 1/4 cup melted fat and 1/4 teaspoon pepper.

Deep Fat Frying: Use a deep kettle provided with a frying basket. Heat fat to a temperature of 400° F. until a piece of bread will brown in 20 to 25 seconds in the hot fat. Dip fish cut to serving portions in cold water. Roll each portion in 1 cup of sifted dry crumbs or a mixture of 1/2 cup yellow cornmeal to 1/2 cup flour and 1 1/3 tablespoons salt. Put only one layer of fish in the basket at one time. Cook to an even golden brown and serve immediately.

Pan-Frying or Sauteing (for lean varieties of fish): Have cooking fat about 1/4 inch deep in a skillet, and heat over slow fire. Divide fish into serving portions and dip in cold water, milk, or beaten egg. Roll each portion in 1 cup of dry crumbs or a mixture of 1/2 cup yellow cornmeal to 1/2 cup flour and 1-1/3 tablespoons salt. When fat is hot, place fish in covered pan and cook 3 minutes. Remove to back of stove, keeping covered about 2 minutes. This permits fish to cook in its own steam and prevents dryness. Remove cover, turn fish and cook over flame 3 minutes longer.

Steaming: Place fish cut to serving portions for 2 to 8 minutes in a solution of 1/2 cup of salt to 1 quart of water. Place fish one layer deep in a well-oiled steamer, and cook for 5 to 12 minutes or until tender.



## HOW VICTOR C. VITAMIN ESCAPED

Victor C. Vitamin (alias The Elusive Kid) together with companions of the same ilk, was involved in a wholesale escape from a delivery of fresh vegetables at one of our leading cafeterias recently. The guards on duty at the time, i.e., the Chef and Dietitian, are held largely responsible for this dereliction of duty to the well being of their customers.

"Vic", (sometimes known as ascorbic acid) and the other fugitives, escaped when the vegetables in which they were held captive, were stored at room temperature for over 24 hours. This, of course, could have been avoided if the prisoners had been kept in the refrigerator at 40° F.

Another group of the escapees were last seen in vegetables being peeled and stored hours before they were to be cooked. Many others are known to have fled when the Chef neglected to remove vegetables from the stove before they became over-cooked. The recapture of these Vitamins, of course, is an impossibility.

The Moral here is: If you would avoid a similar escape of Vitamins in your kitchen, you might follow these suggestions:

1. Store vegetables in the refrigerator as soon after delivery as possible.
2. Prepare them just before cooking.
3. Cook quickly in as little water as possible.
4. Always start vegetables in boiling, salted water.
5. Don't add soda to the cooking water.
6. Cook until barely done and serve as soon as possible.

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THE "SILVER DISAPPEARANCE" problem was partly solved for Western Cartridge Company, when the cafeteria issued a pamphlet to its patrons bearing the reasoned observation that "We'll be eating with thumb and forefinger if we don't take care of the silverware we now have." The observation was enforced by having each patron deposit his silverware in a basket at the cafeteria exit. This practice has helped ease a chronic headache of the cafeteria manager.

THE PARAMOUNT RESPONSIBILITY of the industrial food operator is to offer for worker selection, foods from each of the Basic Seven food groups. This choice should be offered at every meal every day to all workers. Since everyone is better physically and mentally from eating a lunch that packs a punch and because for many workers this is the main meal in the day, it should be planned to provide approximately 40% of the day's food requirements, both in terms of energy value and essential nutrients. Probably the most effective means the food operator can employ in influencing worker selection of a good lunch is to concentrate menus on one or more reasonably priced special plate lunches, carefully planned to include the Basic Seven.--E. O. Pollock, Midwest Director of Food Distribution, before Industrial Feed Operators Section, National Restaurant Association.

## INDUSTRIAL NUTRITION SUGGESTIONS

THIS IS THE TIME of year for apples-----They have long been a favorite in the American diet. Their flavor, crispness, pleasant odor, are all factors in their favor.

There is almost no limit to the variety of ways apples can be used. Feature raw apple salads on the cafeteria counter. Cooked apples can appear as baked apples, applesauce, pie or dumplings, fried with bacon, or scalloped with sweet potatoes. Each has a glamour all its own.

An apple a day can go a long way as a taste pepper-upper at mealtime. In that counter fresh fruit display, apples will be colorful as well as popular, with cafeteria patrons.

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ONE CAFETERIA MANAGER reports that she keeps crisp carrot sticks, young green onions, radishes, cauliflower buds and thin turnip slices in a bowl of ice, just beyond the cashiers---the e items are free to employees and a good way to familiarize them with the flavor and tastiness of raw vegetables. Gradually these items are included in their daily luncheon selections.

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MISS BETTY HEEBINK, manager of food service at both the Lakeview and Badger Globe mills of Kimberly Clark Corp. at Neenah, Wisconsin, is a firm believer in sanitation---as is evidenced by the immaculately clean kitchens and serving counters at these two cafeterias. This, no doubt, is one of the reasons for the high percentage

## CONSULTANT SERVICE AVAILABLE TO INDUSTRIAL AND INSTITUTIONAL FOOD OPERATORS

The Midwest Office of Distribution maintains a staff of industrial feeding specialists to help industrialists and institutional food operators. The range of this consultant service covers all of the problems associated with menu planning, food purchasing, rationing, installation of new facilities, expansion of present facilities, etc.

Each specialist has had many years of experience in one or more phases of mass feeding work. Their services are free upon request and are tailored to the individual needs of industrial plants and food service centers. They may be reached by writing to the Midwest Office of Distribution, War Food Administration, 5 South Wabash Avenue, Chicago 3, Illinois, or by telephoning Central 7340, Extension 252.

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## THINGS FOR EVERY CAFETERIA MANAGER TO REMEMBER:

Good food is its own advertisement.

By careful counter arrangement of food you can influence the selection of food.

Cook vegetables in a small amount of water as brief a time as possible. This protects color and food value.

Teach your cafeteria counter employees that they are salespeople.